

Do you know how to really get what you want? You need to give it away...

by Lisa Perrecone, MCPC

Have you ever said, "If I only HAD more ____, then I could DO ____, then I would BE _____. (You can fill in the blanks here). Bummer, because you'll never get what you want saying that. We'll call this the HAVE-DO-BE formula and it doesn't work. It is actually the reverse of the one that works but unfortunately, most of us are using the wrong one. The cool thing is that to get what you want in life you don't have to 'DO' anything...it's all a question of what you are 'BEING'. Stay with me here...

I'm referring to BE-DO-HAVE paradigm, have you ever heard of it? It's kind of a coachy thing, but this is how it works. You must decide ahead of time what you choose to 'BE' and by doing that magically it will produce it for you in your life.

You see, happiness is a state of mind and like all states of mind it reproduces itself in physical form. So, first you 'BE' the thing called 'happy' or whatever it is, then you start 'DOING' things from this place of 'BEINGNESS'; and soon you'll discover that what you are doing winds up bringing you the things you've always wanted to 'HAVE.' This is actually the process of creation.

I got to thinking about this because the term, "fake it till you make it" came up in a recent coaching session. I was asked, "How do I fake it when I don't feel it?" That's the downside, it's hard to fake and 'BE' something when you're not feeling it.

The Universe knows when you are not sincere, and you won't get the results you want because for this to work it requires the body, mind and spirit to be united in thought, word and action. You can't fool your mind. If you're not sincere, your mind knows it and that's that.

So...how do we trick our minds? How can the mind add sincerity when it does not believe in what the body is doing?

(drum roll) The answer is...by taking out the selfish element of personal gain.

Huh? Simply said...Whatever you choose for yourself, give to another. If you choose to be 'happy', cause another person to be happy. If you choose to be prosperous, cause another person to prosper. If you choose more love in your life, cause another person to have more love in theirs. Do this sincerely, not because you seek personal gain, but because you really want the other person to have it.

Everything you give away will come back to you.

The very act of your giving something away causes you to experience that you have it to give away in the first place. Since you can't give away something you don't have, your mind believes a new thought about you, you must have this or you couldn't give it away. We've tricked our brain.

Your new thought is the new you and your new way of 'being' thus, starts the ball rolling on something very powerful. Creation. Whatever you are being, you are creating. So what is it exactly that you want?

Happy Creating...
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